

BE Healthy

Sponsored by



MASSACHUSETTS

Boston Public Health Commission

A BANNER PUBLICATION

© JANUARY 2008

VOL. 2 • NO. 5

Healthy eating: It's all about baby steps

As Anna Ekpenyong tells the story, she was out shopping one day with a friend when she saw a dress that she liked.

She tried it on, but her regular size didn't fit. Her friend tried to be helpful and suggested trying on a larger size.

"No way," Ekpenyong told her friend. "I'll lose the weight. Some people have three different dress sizes in their closet. But I won't buy a different size of clothes to accommodate fat."

And off she went.

At 80 years old, Ekpenyong has earned the right to do as she pleases. Fortunately for her, her choices on diet and food and fat have been right from the very start.

She summured in South Carolina

with her grandmother, who planted her own vegetables and raised chickens. Her grandfather built boats and, as a result, brought home a lot of fish. From an early age, Ekpenyong's diet consisted of fresh fruits, vegetables and lots of fish.

She says she never really liked soul food, a Southern style of cooking that she found too greasy and fattening. Even now, when she cooks greens, she uses only olive oil, celery and onions. Her friends are surprised that her greens are just as tasty without using meat.

"Vegetables are vegetables," she

explains. "If I want meat, I eat meat. I don't particularly like meat in my vegetables."

Ekpenyong knows how difficult a healthy diet can be for some folks.

"It's hard to get people to change unless it's for a medical reason," she says. "People like what they eat. And I understand. I like the taste of what I eat — I couldn't change my style either."

Many people know that nutrition is an integral part of a healthy lifestyle and key to preventing or controlling several health conditions, including obesity and type 2 diabetes.

Kathy McManus, director of the department of nutrition at Brigham and Women's Hospital, has worked in the world of nutrition for

almost 30 years, and has seen the amount of attention paid to healthier eating grow exponentially.

"Probably about 15 years ago, we started seeing a growing interest from consumers and patients," McManus says. "And they just weren't talking about foods with their friends and neighbors. They were actually talking with their physicians about healthier foods. And nowadays, the amount of information is just incredible. This is a very exciting time."

Exciting is one thing, but nutritional overload is another.

“Don't try to overhaul your entire diet in one week. It's baby steps. Give yourself about a year.”

— Kathy McManus



Anna Ekpenyong monitors the nutrition of her family as well as the community. For 11 years, she has run the weekly food pantry at Twelfth Baptist Church in Roxbury.

"Given the amount of information on nutrition these days," McManus says, "it's quite understandable how anyone can feel a little overwhelmed."

As far as she is concerned, it's all about taking baby steps.

The first such step she recommends is to start a food diary of everything you consume — including all beverages — from sunup to sundown. Once that is done for about a week, you can start looking at ways to eliminate some of the unhealthier foods and replace them with healthier substitutes.

For example, if you have a latte and two donuts every morning for breakfast, you might consider replacing that with a whole-grain English muffin and peanut butter.

The point, McManus explains, is patience.

"Don't try to overhaul your entire diet in one week. It's baby steps. Give yourself about a year," she says. "These are habits that are going to take a while to change. But

if you make one improvement a week, then keep it going."

McManus was clear on another point. "There is no 'yes-yes' food or 'no-no' food," she said. "It's all about the total diet."

One way to develop a balanced diet is to eat every day from the four basic food groups: fruits and vegetables, whole grains, meats and milk products, and a small amount of healthy fats. Healthy fats are those that are liquid at room temperature and include olive, canola, peanut, corn and safflower oils.

Most fruits and vegetables are naturally low in unhealthy fats, salt and calories, and contain important nutrients, such as potassium, fiber and vitamins. To get a healthy variety, choose different colors — the deep greens of broccoli, collard greens and spinach; the orange of carrots, acorn and butternut squash; the reds of strawberries and watermelon. Eat foods high in potas-

Ekpenyong, continued to page 4

Healthier weight with healthier choices

Don't get Ronald Jackson started about the good old days.

Back then he drove a truck and worked construction, and eating was more a function of time than quality. He made time for pancakes in the morning and ice cream at night, but in between was all sorts of fast foods.

"I loved it all," Jackson says now. "I was in and out of trucks a lot, so I was looking for something quick and easy. I needed to grab something on the go."

The problem was that the only thing going was his health.

Nutrition is often taken for granted, and fortunately for Jackson, two things happened that were seemingly unrelated that led to an almost complete reversal in his day-to-day diet.

The first, and arguably the most important, was a friend of Jackson who extolled the virtues of vegetarianism. From his friend, Jackson says he learned the importance of reading food labels and finding the nutritional value of the foods



Ronald Jackson is a savvy food shopper. Before he buys he reads the nutrition labels for unhealthy fats, salt and sugar.

that he was eating.

If his friend was the carrot, his doctor was the stick.

Last year, Jackson, 69, was diagnosed with osteoarthritis (degenerative arthritis) of the hip and required hip surgery. His orthopedic surgeon told him that

he would perform the surgery, but his results would be better if he lost weight.

At the time, Jackson was just under 6 feet tall and weighed 220 pounds.

The surgeon said that his extra weight put a strain on his hips and knees, and that he needed to get to 200 pounds.

It took about three months, but Jackson lost 30 pounds and had the surgery last April.

As Jackson tells the story now, he says he could never return to his old eating habits.

"I've done research on what to eat and what not to eat," he says. "I look for fat and cholesterol, sugar and

sodium content."

For instance, he has changed from whole milk to 1 or 2 percent. "It wasn't easy to do," he says. "But now that I've done it, I can't drink whole milk anymore. I had some once, and it was too rich. I had to dilute it with water to make it more palatable."

Jackson also keeps track of his salt intake, trying not to exceed the recommended maximum of 2300 milligrams (mg) a day.

Jackson is semi-retired now and readily admits he still has cravings. "I love ice cream, cookies and cake," he confesses. "But I've learned to eat good substitutes. I eat low-fat ice cream instead of regular ice cream, and I am able to find low-fat cookies. [On one day], I really needed some cookies. And I found some that had 9 grams of sugar instead of 25 grams of sugar."

His new lifestyle does have its drawbacks. "My girlfriend does not like to shop with me," Jackson explains. "She says I take too long. But she looks at just the product. I look at the ingredients of the product."

Healthy eating in children leads to healthy eating in adults

Farming the city, feeding the people

City residents face a growing problem often called the “food desert” due to the lack of access to healthy food choices. For example, many urban areas don’t have local grocery stores with fresh produce, forcing residents to buy processed food at so-called “convenience” stores. As a result, health epidemics like obesity end up plaguing low-income city residents because the foods that have the most starch and fat are also the cheapest. Local access to healthy food plays a large role in reducing these food-related health risks and can improve the eating behaviors of people in the community.

The Food Project is committed to increasing the amount of locally grown food available within the city of Boston. To that end, The Food Project offers the Build-a-Garden Program, aimed at establishing deeper connections between urban residents and the food they eat. This program intends to be part of the solution to building stronger communities in which every Boston neighborhood has access to fresh, local and affordable food. Build-a-Garden is designed to get more people growing their own food in Boston. This model’s goal is to foster self-reliance and ownership for urban residents, and provides greater access to healthy food that is often not affordable in supermarkets.

Participants in the program receive a raised bed with soil, seeds, transplants, a grower’s manual and gardening trainings. The program is committed to providing ongoing support so that all people, regardless of experience, will be able to become successful gardeners. In 2007, Food Project youth, staff and volunteers built 62 raised beds for Boston families and organizations. One gardener, Carolyn, remarked, “What a wonderful community builder this has been. Today a neighbor helped me harvest the green beans — over 10 feet tall on the netting — what a harvest ...”

Several recipients of Build-a-Gardens were community organizations that involved youth in the process of growing food. As an Egleston Square Library staff member



Clockwise from top: (1) Food Project staff, youth and Build-a-Gardeners pose after installing raised beds for two neighbors on the same street in Dorchester.

(2) In this planted raised bed one successful Build-a-Gardener grows tomatoes, peppers, and even beans on her trellis. (3) Beans. Intensive planting in raised beds allows you to reap a large harvest.

recently commented, “Our garden brought neighborhood kids together — outside learning about where their food comes from, in a fun and healthy environment. Grandparents came ... and taught their grandchildren gardening techniques.” The impact that working in a garden

can have on children is enormous — more willingness to try new vegetables, an increase in physical activity, a deeper appreciation and connection with the earth and an overall increase in the amount of vegetables they consume.

So, as the white and gray hues of winter surround Boston, The Food Project is inviting residents to dream of the possibilities for your garden. They are accepting applications for the Build-a-Garden Program until March 31, 2008. Space is limited so it is recommended that interested parties apply as early as possible. For applications or more information, contact Kathleen Banfield at 617-442-1322 x12, or by e-mail: kbanfield@thefoodproject.org.

org., or visit the farmers’ market on Tuesdays and Thursdays from 3 - 7 p.m. at the intersection of Blue Hill Avenue and Dudley Street.

The Food Project piloted its Build-a-Garden Program in 2007 with support

from the Boston Public Health Commission, the Herman and Frieda L. Miller Foundation, Patagonia Store, Social Capital Inc., and other partners. This year, the Project announced that the Environmental Protection Agency’s Healthy Communities Program, Herman and Frieda L. Miller Foundation and others will continue to support the program.

Jump up & Go! 2008

In October 2007, Blue Cross Blue Shield of Massachusetts (BCBSMA) announced plans to launch the 2008 Jump Up & Go! Solutions for Implementing Wellness Policies and Programs. This comprehensive package of resources is designed to accelerate awareness of the “5-2-1 message” and to expand programs that encourage youth and their families to develop healthy eating and active living habits.

Jump Up & Go! was initiated by BCBSMA in 1998 to address the growing incidence of obesity in children. The program is based on the 5-2-1 message to eat at least five servings of fruits and vegetables each day; limit television and computer use to no more than two hours a day, and get at least one hour of physical activity each day.

Through this new initiative, Massachusetts families and youth-serving organizations (YSO) — schools, community-based organizations, as well as health centers and clinicians — will be able to access 5-2-1 promotional materials free of charge.

Additionally in 2008, BCBSMA is introducing certificates to recognize YSOs that promote the 5-2-1 message and implement at least one Jump Up & Go! Challenge. The certificate is a prerequisite for all Jump Up & Go! mini-grants, which will be offered to organizations for planning, implementing or sustaining a 5-2-1 program.

BCBSMA will continue to support Jump Up & Go! sponsorships and partnerships, as well as special events and quality initiatives.

“This new structure is based on ten years of Jump Up & Go! programming experience,” said Sylvia Stevens-Edouard, BCBSMA senior director and creator of the program. “We believe these new processes will expand our reach and allow greater participation by families and youth-serving organizations.”

Guidelines for the Jump Up & Go! Solutions will be available on line by the end of January at www.jumpupandgo.com.

Blue Cross Blue Shield of Massachusetts offers a simple recipe for your children’s health:

5 Five a day is the healthy way

Eat five servings or more of fruits and vegetables a day for optimal health

2 Two or less for success

Limit TV, computer and video game time to less than two hours a day to avoid unhealthy messages and leave more time for other activities

1 One or more builds a strong core

Get at least one hour of physical activity everyday to stay strong and healthy



MASSACHUSETTS

Blue Cross Blue Shield of Massachusetts is an Independent Licensee of the Blue Cross and Blue Shield Association.

ahealthyme.com

Questions & Answers

1. If a person does not add table salt to food, is it safe to assume that he or she does not consume too much salt in the diet?

Not necessarily, as there is quite a bit of salt in processed foods, fast food and canned foods. If a person consumes mostly freshly prepared foods, such as fresh meats/fish, whole grains, legumes, fruits and vegetables without added salt, then it is likely that his or her diet is low in salt.



Lisa Michelle Owens, M.D.
Medical Director
Brigham Primary Physicians at
Faulkner Hospital

2. Is it possible to avoid or control high blood pressure through healthy eating?

Several studies have found that a diet rich in fruits and vegetables may reduce the risk for stroke, high blood pressure, coronary heart disease, type 2 diabetes and even some cancers. The DASH (Dietary Approaches to Stop Hypertension) eating plan, which recommends foods rich in nutrients and low in sodium, has been developed with the support of the National Heart, Lung, and Blood Institute to help lower blood pressure.

3. If a nutrition label lists zero grams of trans fat, does that mean that the product does not contain any trans fat?

Not necessarily. It means that the product contains less than half a gram of trans fat per serving. Read the ingredients as well. If you see “hydrogenated” or “partially hydrogenated” oils or “vegetable shortening” as an ingredient, the product does contain a small amount of trans fat. It is quite likely that if one were to consume multiple servings, he or she could exceed the American Heart Association’s recommended daily limit of no more than 1 percent of one’s total daily calories. For 2,000 calories a day, that amounts to 2 grams or less of trans fat. Some medical experts recommend that we consume no trans fat at all in our diet since it is a leading contributor to heart disease.

4. Since vegetarians don’t eat meat, how do they acquire much needed protein?

There are sources of protein in food other than meat, fish and poultry. Legumes, such as kidney beans and lentils, provide protein, as do dairy and soy products. Tofu, low-fat yogurt and cottage cheese are excellent sources of protein. As a result, vegetarians tend to have diets that include a wider range of different foods.

5. Why are many African Americans deficient in vitamin D?

Vitamin D is found in fortified milk and other dairy products, as well as fish and fortified cereals. It is also known as the “sunshine vitamin” because the body makes it when exposed to ultraviolet rays in sunlight. However, the skin pigments in dark skinned persons impede this process, so that blacks often produce less vitamin D in response to sunlight. Experts recommend 10-15 minutes of strong sunshine on the arms and face at least twice a week to meet the vitamin D needs. Dark-skinned individuals likely need more than this amount to produce adequate amounts of vitamin D.

6. Does a person have to give up sweets and desserts in order to follow a healthy diet?

No. The key to a healthy diet is moderating the amounts of sweets and desserts through portion sizes and a personal guideline for limiting how frequently they are consumed.

The facts about fiber

Fiber — carbohydrates that cannot be digested — comes only from plant foods and is important for our digestive health. It prevents constipation and keeps us regular. At least 25 grams of fiber a day are recommended. Look for products that contain five grams or more per serving.

MAJOR SOURCES:
Fruits and vegetables
Whole grains
Legumes
Nuts



Read before you eat

Nutrition Facts

Amount Per Serving		
Calories 680		Calories from Fat 360
		% Daily Value*
Total Fat 39g		60%
Saturated Fat 13g		65%
Trans Fat 1.5g		
Cholesterol 20mg		7%
Sodium 1110mg		46%
Total Carbohydrate 60g		20%
Dietary Fiber 7g		28%
Sugars 3g		
Protein 22g		
Vitamin A		25%
Vitamin C		6%
Calcium		15%
Iron		20%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
• Fat 9 • Carbohydrates 4 • Protein 4

When shopping, read food labels to make sure you are buying foods that are low in trans and saturated fats and cholesterol, but high in fiber and other essential nutrients. Remember that the labels are based on one serving size. If you eat two servings, you double the calories and the nutrients.

One serving of this chicken pot pie is high in calories and contains almost two-thirds of the suggested daily maximum of saturated fats and 1½ grams of trans fat — both of which contribute to high cholesterol. This one serving also accounts for almost half the daily limit of sodium.

Although the pie provides a good source of fiber, iron and vitamin A, fruits, vegetables and whole grains, which are more filling, can offer comparable levels of fiber without the fat and sodium.

Read the ingredients as well. Ingredients are listed in descending order so that the first listed makes up the largest proportion of the food. Look for hidden sugars — words that end in “ose,” or syrups and honey. Sodium also goes by different names, like monosodium glutamate, or even baking soda. Trans fat is also hidden. Since 2006, food products must list in its nutrition facts the amount of trans fat per serving, but only if one half gram or more. Look for the words “hydrogenated” or “partially hydrogenated” oils — indicators of trans fat.

Check Serving Size & Calories
• 40 calories is LOW
• 100 calories is MODERATE
• 400 calories is HIGH

Always check the % Daily Value
• 5% DV or less is LOW
• 20% DV or more is HIGH

Limit these nutrients

Get enough of these nutrients

Source: U.S. Food and Drug Administration

SAMPLE INGREDIENTS: Enriched flour, high fructose corn syrup, partially hydrogenated soybean oil, toasted whole grain wheat, sugar, honey, sodium bicarbonate, salt, artificial flavor.

Sugars
Trans fat
Sodium

Healing the racial divide in health care

Dr. Paula Johnson wants you to put your heart into your grocery shopping.

Heart disease is the No. 1 killer of women. And black women are more likely to die from heart disease than white women.

Because diet is critical to a healthy heart, Brigham and Women’s Hospital (BWH) studied the food-buying habits of black and Latino families in two Boston neighborhoods, Roxbury and Jamaica Plain.

Dr. Paula Johnson, Director of Women’s Health at BWH,

and her colleagues worked with low-income women in those neighborhoods to develop menus and shop for heart healthy food. They found that even with food stamps, families and elderly people could not afford the food they needed for a heart healthy diet. Based on costs in Roxbury in 2004, a family of four receiving food stamps came up \$227 short every month; seniors living alone were \$103 short.

One reason: A lack of convenient access to supermarkets and their wide variety of food. Fortunately, Boston Mayor Thomas Menino has helped to bring more than 20 new or expanded supermarkets into urban neighborhoods over the past 10 years.



Paula Johnson, MD, MPH, Executive Director of the Connors Center for Women’s Health and Gender Biology and Chief of the Division of Women’s Health at Brigham and Women’s Hospital.

But the problem is much deeper and will need the ongoing support of government, the food and grocery industry, health care, and community activists.

Dr. Johnson’s group made a number of recommendations:

- Make healthy eating more affordable, through improvements in food stamp benefits or reductions in the cost of heart healthy foods;
- Expand cultural and language appropriate nutrition education in

communities at high risk for heart disease;

- Increase the availability and quality of healthy foods, particularly fresh fruits and vegetables in schools and small urban markets;

- Ensure that grocery stores, farmers markets, and other healthy food suppliers are located in the inner city;

- Encourage health care providers to become more attuned to whether their patients have access to affordable healthy food when they are counseling about diet.

For more information on a heart healthy diet, go to the Boston Public Health Commission at www.bphc.org

BRIGHAM AND
WOMEN’S HOSPITAL

PARTNERS
HEALTHCARE
A charitable non-profit organization

MASSACHUSETTS
GENERAL HOSPITAL

sium, such as bananas, cantaloupe, apricots, lima beans and tomatoes.

A diet rich in fruits and vegetables may reduce the risk for stroke, high blood pressure, coronary heart disease, type 2 diabetes and even some cancers — all of which are common in blacks.

Grains are foods made from rice, wheat, oats, cornmeal and any other cereal, and are essential to a healthy diet. They contain fiber, iron and many B vitamins. Whole grains, such as brown rice, oatmeal and whole wheat bread, contain the entire grain kernel and are preferred over refined grain products, such as white bread, white rice and white pasta. Refined grain products are of finer texture but lack many of the essential nutrients found in whole grains.

The meat group contains meat, poultry, fish, eggs, legumes, nuts and seeds, and is a major source of protein in the diet — the building blocks for bones and muscles. The problem is that some protein foods are high in fat. For instance, a 6-ounce broiled Porterhouse steak is a good source of complete protein, but also contains a high level of fat, including saturated fat, which can raise LDL (the bad) cholesterol.

A healthier substitution for fatty meats is fish, poultry, legumes — lentils, pinto beans, black-eyed peas — or nuts and seeds.

Fruits, vegetables, whole grains, legumes and nuts are high in fiber — carbohydrates that cannot be digested. Fiber

is not found in animal products. While fiber aids the gastrointestinal system by relieving and preventing constipation, some studies have shown that high intake of dietary fiber, especially cereal fiber, is also linked to a lower risk of heart disease.

Milk products — milk, cheese and yogurt — are important for calcium, potassium, vitamin D and protein. Calcium and vitamin D are needed for the health of bones and teeth, while potassium may help to maintain a healthy blood pressure.

One drawback of milk products is their high fat content; most milk group choices should be fat-free or low-fat.

There are some nutrients to avoid or consume in small quantities. Although sodium, or salt, is critical to the body, it can contribute to high blood pressure in people who are sensitive to it, and cause a buildup of fluid in those with congestive heart failure or kidney disease.

Because salt is hidden in many of the foods we eat — such as bacon, sausage, frozen and fast foods — we consume considerably more than the recommended teaspoon, or 2300 milligrams, a day.

Sugar should also be limited. Sugar is a carbohydrate that has many common names, such as brown or table sugar, confectioners and powdered sugar. But often sugar masquerades under other names — honey, molasses, maple syrup, high fructose corn syrup and ingredients ending in “ose,” such as lactose (found in milk) and fructose (found in fruit).

Sugar is a main ingredient in several beverages, such as sodas and energy and fruit drinks.

Given the amount of ‘hidden’ ingredients, it is little wonder that the nation is struggling with obesity and various medical conditions.

Among the biggest culprits are unhealthy fats. The body needs fats for energy, insulation and to help control inflammation and blood clotting.

But too much of the wrong type of fat can increase the risk of cardiovascular disease. The worst offenders are trans and saturated fats. Saturated fats are found in animal products, such as fatty meats and dairy products, or tropical oils, such as coconut and palm oil. Saturated fats increase LDL, or bad, cholesterol.

Trans fat packs a double whammy. It not only increases bad cholesterol, it decreases HDL, or good cholesterol. Trans fats are the worst fats in the diet and are found in fried foods, commercially baked goods, processed foods and fast foods.

So negative is the impact of trans fat on one’s health that New York City and Brookline have banned artificial trans fats from use in all restaurants, and Massachusetts is considering similar legislation.

But again, it’s about baby steps. “It’s a good thing to have a lot of knowledge, but if you can’t put it into practice, then it’s all for naught,” McManus explained.

Of particular concern to McManus is the ongoing debate over the size of portions.

“Portions are out of control,” McManus says, blaming the current obesity epidemic in part on the “super-size” mentality. “And weight is critical, especially if the extra pounds have accumulated around the waist.”

McManus rattled off a list of suggestions, everything from using the salad plate instead of the full-sized dinner plate to eliminating second helpings.

“When you cook a meal and there are

leftovers,” McManus says, “put the leftovers away in a storage container right away. If there is still food left on the stove, the temptation is high to have another helping.”

McManus also stressed planning. “Everyone would like to be able to come home from work and have a healthy, nutritious meal just sitting there waiting for you to pop in the microwave,” McManus says. “The reality is that we should plan ahead and think about the meals we are having during the week.”

“If we know that we need more fruits and vegetables in our diets,” McManus continues, “then we should have — or at least try to have — an apple or a banana for breakfast and maybe some raw vegetables like celery or carrots with lunch. That way we don’t have to try to get everything in at the last minute.”

A good rule of thumb, McManus explains, is to divide your dinner plate into one-half vegetables, one-quarter grains and another quarter lean protein.

The important thing to remember is that changing eating habits is not spontaneous. It can take many years to get it right.

Besides a healthy diet, the other critical part of a healthy lifestyle is movement. The only way to get a handle on the obesity epidemic is to be more physically active each day. Simple things can make a difference, like getting off the bus one stop earlier, or taking the stairs instead of the elevator.

Ekpenyong has passed her good habits down to her daughter and granddaughter.

“My daughter is more of a health freak than I,” she says. “She’s a doctor and wants to make sure that the food we eat has enough fiber and other nutrients.”

Her granddaughter eats well, but sometimes complains that she’s a child and should be able to eat fast food.

But even she has the health bug. When recently given the option of McDonald’s or a healthier take-out meal, she said, “Well, I haven’t had McDonald’s all year, so I’ll finish out the year without one.”



Kathy McManus, M.S., R.D., L.D.N.
Director, Department of Nutrition
Brigham and Women’s Hospital

Healthy Choices

A key to good health is a well-balanced diet. The foods you eat and the amount largely depend on your age, gender, physical activity and daily required calories. Consult a physician or nutritionist to learn to eat healthy or refer to educational resources, such as www.mypyramid.gov to help plan a program that is right for you.



- Eat a variety of fruits and vegetables, whole grains and fat-free or low-fat milk products.
- Include lean meats, such as beef sirloin, or choose fish, poultry and legumes as a substitute for fatty meat.
- Choose foods that are low in trans and saturated fats, cholesterol, salt, and added sugars.
- Drink water instead of fruit drinks and regular soda.
- Choose liquid oils for cooking instead of solid fats.
- Watch portion sizes. Eating too much of even healthy foods can lead to weight gain.

WHERE YOU LEAST EXPECT IT!

A healthy diet is low in salt, or sodium, and added sugars. The problem is that these nutrients are often hidden in the foods we eat and drink. Be on the lookout. The recommended maximum daily amount of sodium is one teaspoon, or 2300 milligrams.

SOURCES OF SODIUM



Table salt

Processed meats

Canned soup

Cereal

Cheese

SOURCES OF SUGAR



Table sugar

Honey

Sodas

Cereal

Cappuccino

The SKINNY on FAT

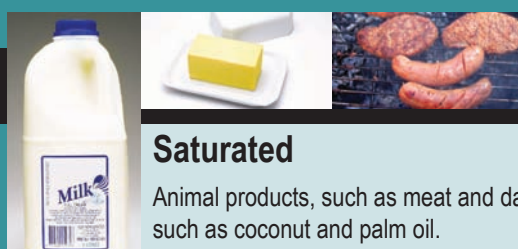
Fat is essential to the body — it stores extra energy, insulates the body, and helps control inflammation and blood clotting. But too much of the wrong type of fat can increase the risk of cardiovascular disease. The American Heart Association recommends 25-35 percent of daily total calories from fat, with less than seven percent from saturated fats, and less than one percent from trans fat.



Can increase LDL (bad) cholesterol and lower HDL (good) cholesterol

Trans (hydrogenated)

Fried foods, commercially baked goods, processed foods, fast foods, margarine



Biggest dietary cause of bad cholesterol

Saturated

Animal products, such as meat and dairy products, or tropical oils, such as coconut and palm oil.



Can help lower bad cholesterol

Unsaturated (monounsaturated and polyunsaturated)

Fatty fish, such as tuna, salmon and mackerel, canola, olive and peanut oils, nuts and seeds, avocados